

Table 6. Risk Factors and Early Detection for Minority Women ^a

	Mammography Within 2 Years, Age 40 and Over	Papanicolaou Test Within 3 Years	Tobacco Use	Diet and Obesity
Mexican American	59% (1998); lowest use of mammograms among Hispanic women	73% (1998)	Smoking 13.6%; more smoking with increased acculturation	29%–39% overweight and obese; high calorie and fat diet, also high in fruit and vegetables
Puerto Rican	64% (1998)	77% (1998)	30.3% smoking; highest among Hispanic groups	High prevalence of obesity, 28%–39%; increased animal fat intake
Cuban American	62% (1998); previously low, but increased in the 1990s	78% (1998); increased use of Papanicolaou test after outreach programs	24.4% smoking rate	31.6% overweight; a variety of foods eaten by 34.9% and junk food eaten daily by 75.5%
African American	65.9% (1998)	80% (1998)	21% smoking in 1998, down significantly since 1985	66.6% overweight or obese; low intake of vegetables, but high intake of fruit
Asian American	60.7% overall (1998); variable across ethnic subgroups, range 31%–70%	67% overall (1998); ranges 43%–95%; lowest use among Vietnamese, recent immigrants, and non-English speaking	Low smoking rates among females, varying 7%–19% by ethnic group	13%–26% obese, varying across ethnic groups; traditional Asian diet protective; animal fat increased with acculturation
Native Hawaiian	Recent mammogram in 63%; 73% ever had a mammogram	Recent Papanicolaou test in 83%, though rates declined in older women (> age 65)	30% smoking rate, highest in state of Hawaii	More than 60% overweight or obese; high caloric intake; high fat, meat, fruit and vegetable intake
American Samoan	Recent mammogram in most (40%–70%)	Recent Papanicolaou test in 46%	Estimated 11% smoking rate	High rates of massive obesity and related risks; migration accompanied by shift to high-fat foods
American Indian	44.6% (1998)	72% combined American Indian/Alaska Native (1998)	Wide variation across tribes and regions; 20%–37% in recent surveys; smokeless tobacco use a problem	High obesity rates (in one urban area, 69.6% overweight and 41.6% obese)
Alaska Native	No information available separate from American Indians (44.6% in 1998)	62% within 3 years; 15% annual Papanicolaou test (72% American Indian/Alaska Native combined, 1998)	High rates, estimated 35.6% nationwide	More than 60% overweight with 32.8% obese; dietary fat high in nontraditional foods; fish intake also high

^a Information from various sources (see chapters in the monograph and their references).